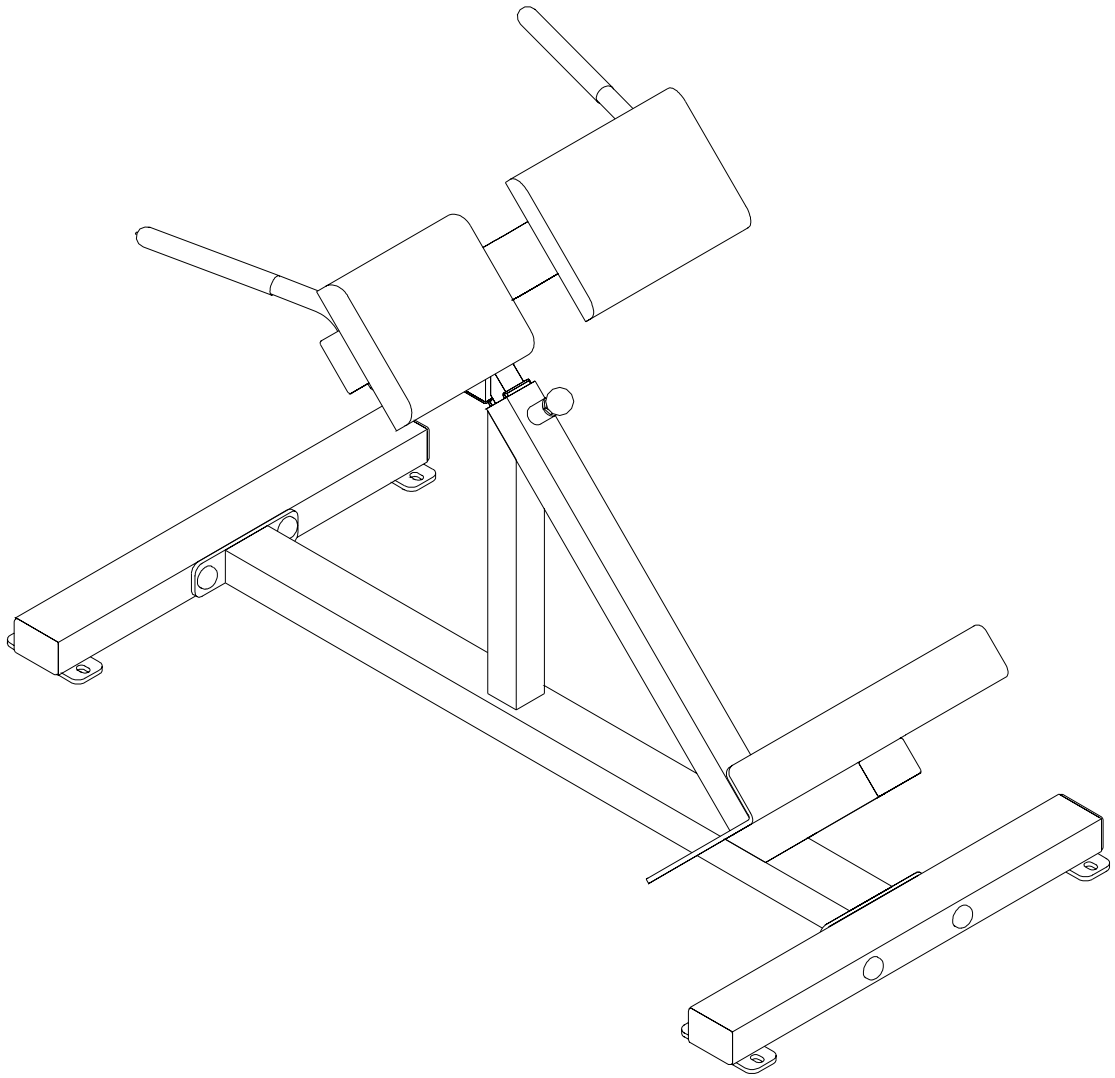
CLUB SERIES 45 DEGREE BACK EXTENSION



ASSEMBLY INSTRUCTIONS

PARTS LIST

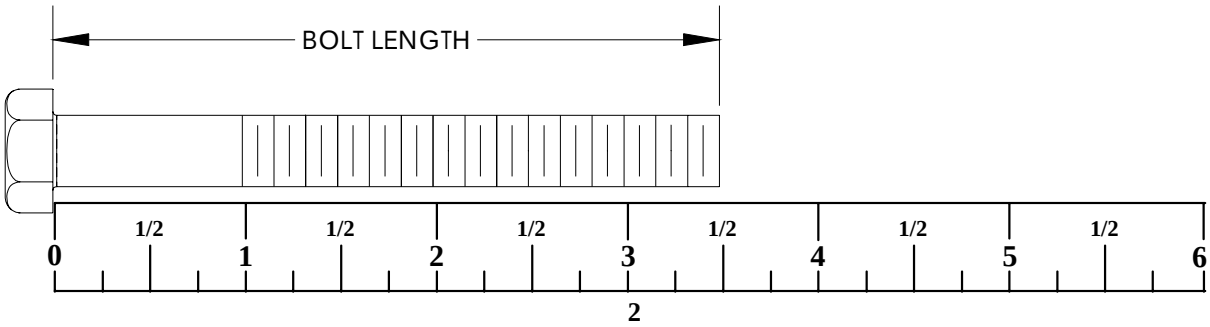
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	72000	FRAME	1	9	3226701	1/4” LOCK WASHER	1
2	72006	HIP PAD ADJUST	1	10	3102905	3/8 X 3-3/4” BOLT	4
3	72012	SUPPORT	2	11	3102807	3/8” LOW HEIGHT LOCK NUT	6
4	72015	FORMED ANGLE	1	12	3102514	3/8” SAE WASHER	10
5	69132	HIP PAD	2	13	6866701	3/8” RH WASHER	14
6	3202403	3/8 X 2-3/4” BUTTON HEAD	2	14	3228501	3/8” BLACK SAE WASHER	2
7	3102904	3/8 X 3” BOLT	4	15	6866602	WHITE RH CAP	14
8	3233301	5/16 X 1/2” SHOULDER BOLT	1	OR	6866603	PLATINUM RH CAP	14

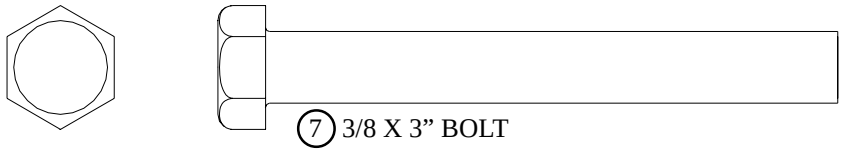
Tools Required for Assembly

* Rubber mallet or hammer
* 9/16” wrench
* Ratchet with 9/16” socket

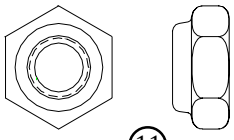
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

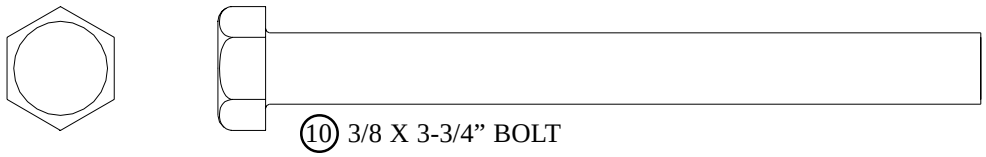




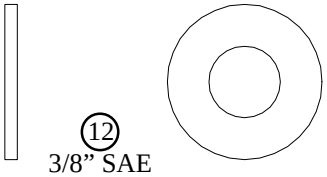
7 3/8 X 3” BOLT



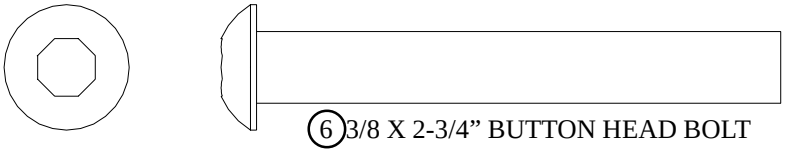
11 3/8” LOW HEIGHT LOCK NUT



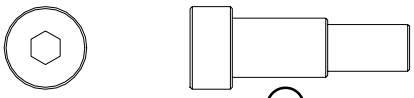
10 3/8 X 3-3/4” BOLT



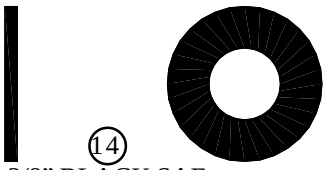
12 3/8” SAE WASHER



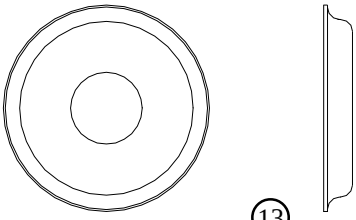
6 3/8 X 2-3/4” BUTTON HEAD BOLT



8 5/16 X 1/2” SHOULDER HEAD BOLT

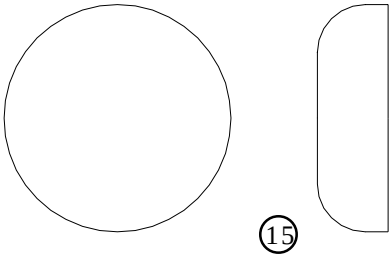


14 3/8” BLACK SAE WASHER



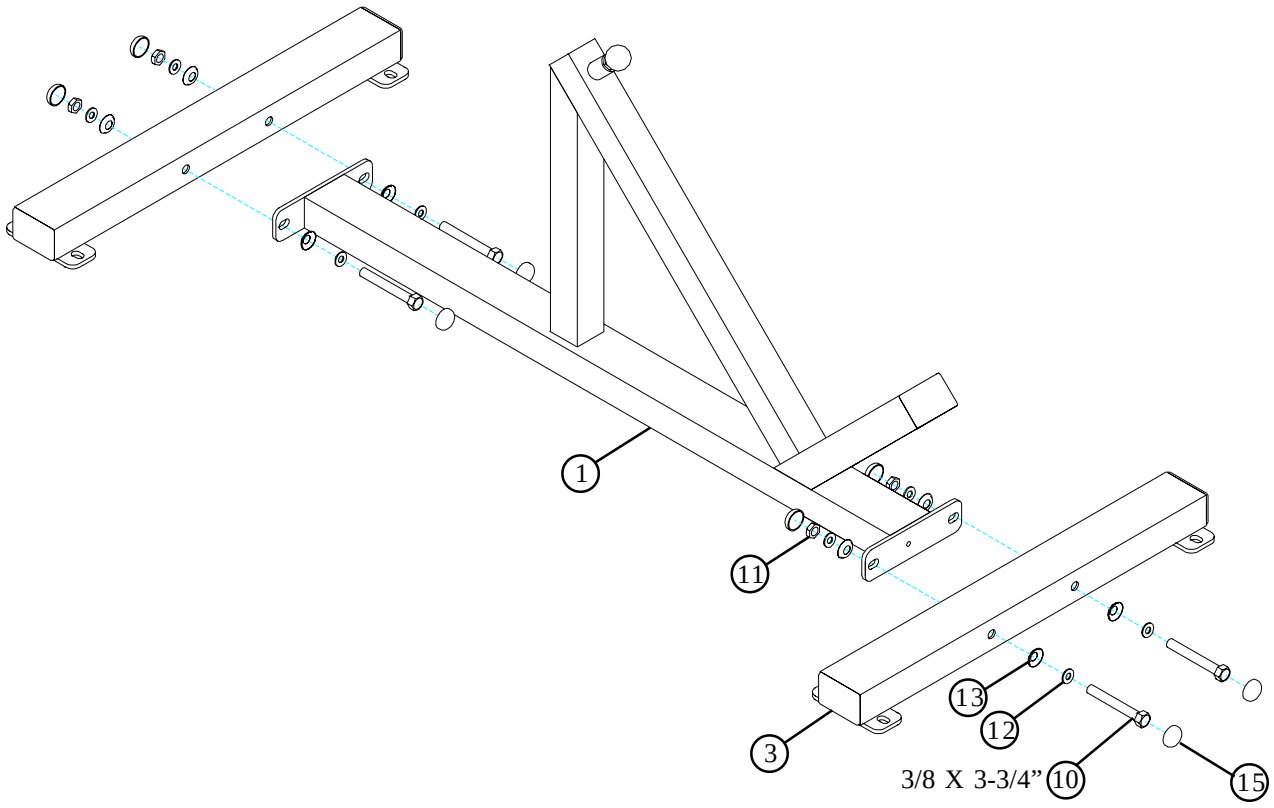
13 RH WASHER

9 LOCK WASHER



15 RH CAP (WHITE/PLATINUM)

FIGURE 1



STEP 1:

- **SECURELY** assemble the two SUPPORTS (3) to the FRAME (1) using eight RH CAPS (15), four 3/8 X 3-3/4” BOLTS (10), eight 3/8” SAE WASHERS (12), eight 3/8” RH WASHERS (13) and four 3/8” LOW HEIGHT LOCK NUTS (11) as shown in FIGURE 1.

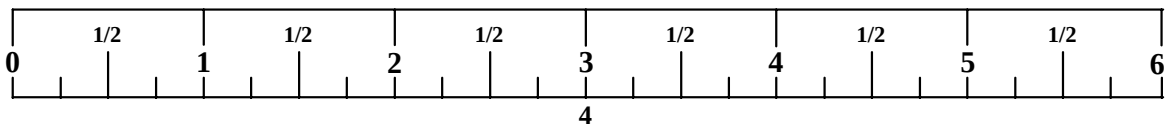
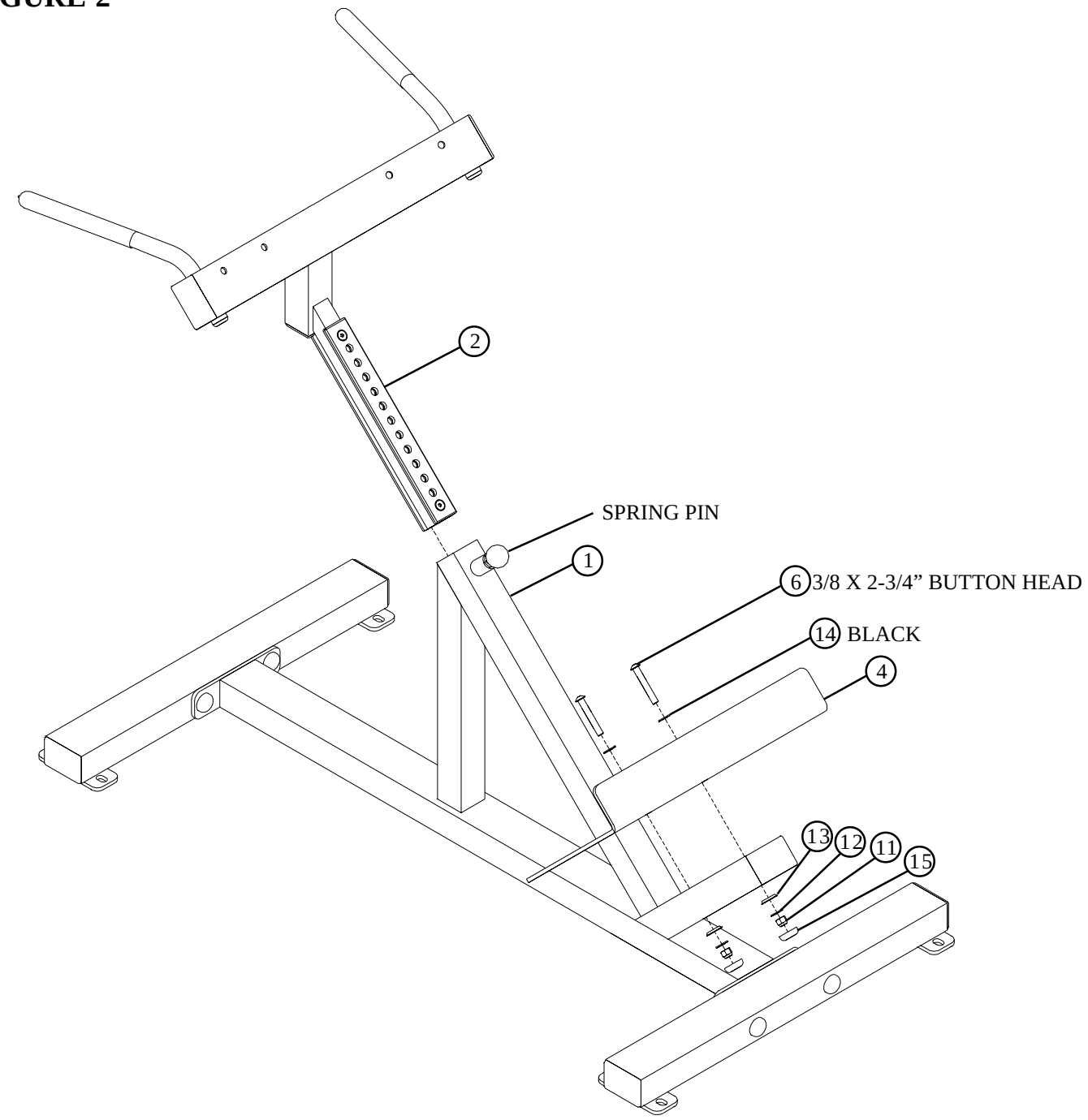


FIGURE 2

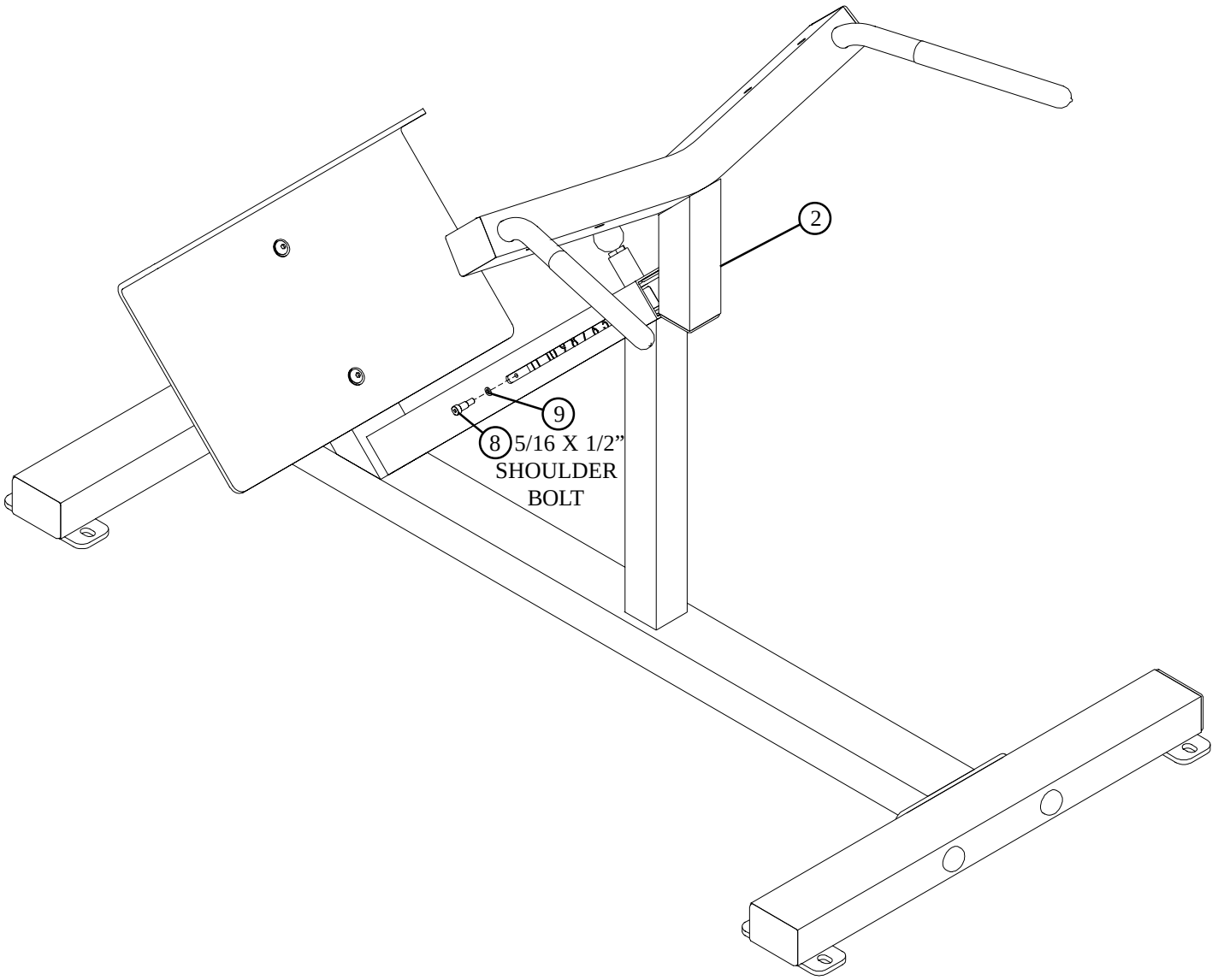


STEP 2:

- Pull back the SPRING PIN on the FRAME (1) and insert the HIP PAD ADJUST (2) as shown in FIGURE 2.

- **SECURELY** assemble the FORMED ANGLE (4) to the FRAME (1) using two 3/8 X 2-3/4" BUTTON HEAD BOLTS (6), two 3/8" BLACK SAE WASHERS (14), two 3/8" RH WASHERS (13), two 3/8" SAE WASHERS (12), two 3/8" LOW HEIGHT LOCK NUTS (11) and two RH CAPS (15) as shown in FIGURE 2.

FIGURE 3



STEP 3:

- **SECURELY** assemble one 5/16 X 1/2” SHOULDER BOLT (8) and one 1/4” LOCK WASHER (9) to the HIP PAD ADJUST (2) as shown in FIGURE 3.

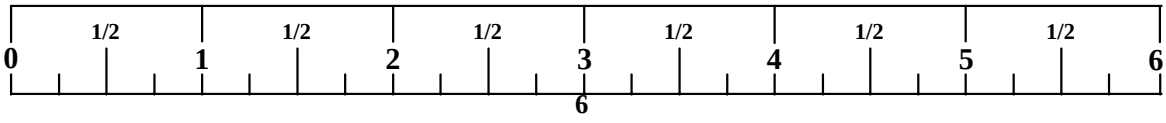
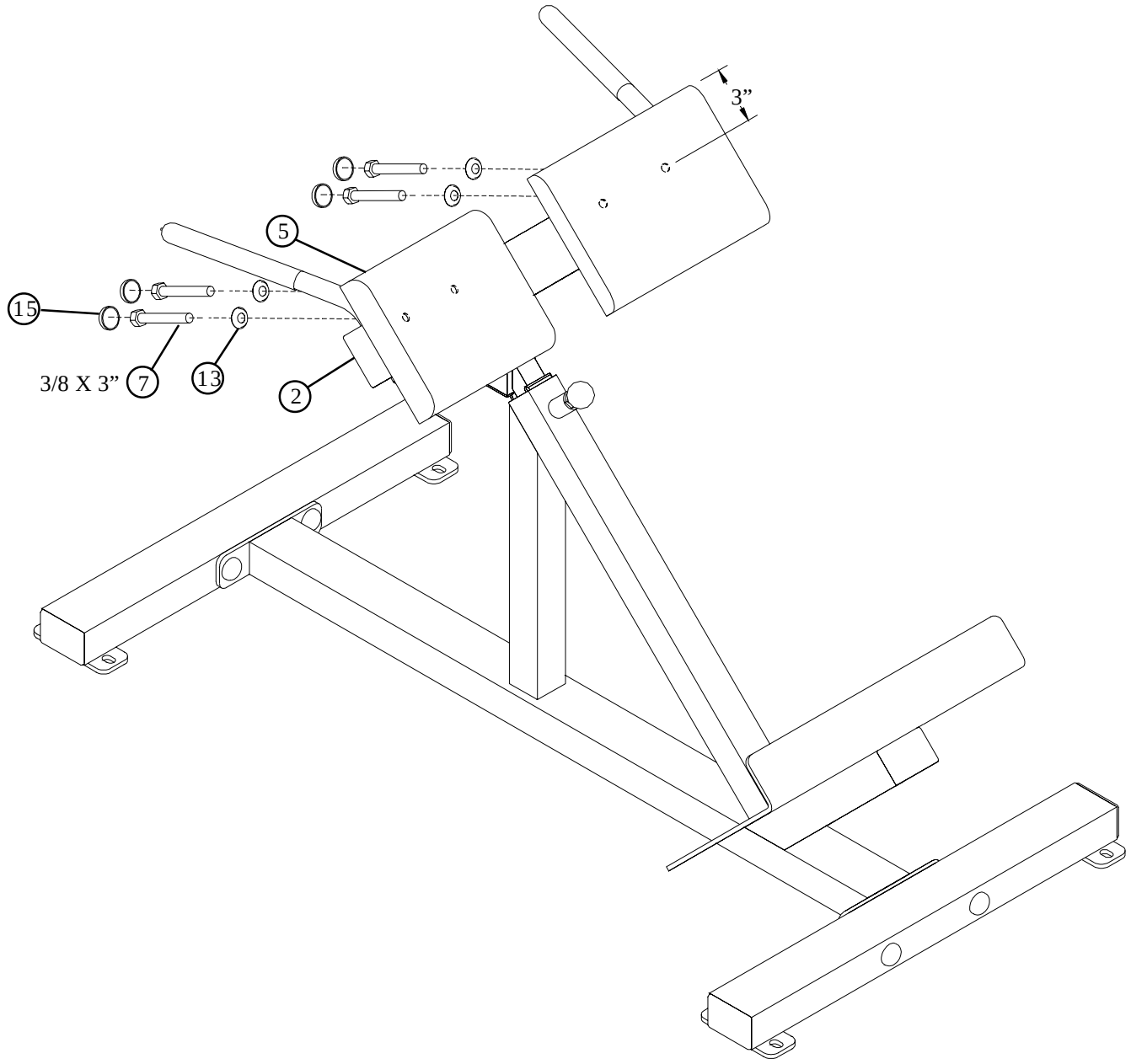


FIGURE 4



STEP 4:

- **SECURELY** assemble the two HIP PADS (5) to the HIP PAD ADJUST (2) using two RH CAPS (15), two 3/8 X 3” BOLTS (7) and two 3/8” RH WASHERS (13) as shown in FIGURE 4. **(Note the the direction of the hole pattern on pad.)**

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES 45 DEGREE BACK EXTENSION. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.